

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, March 2, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

APG Community Information Forum scheduled today

The Aberdeen Proving Ground Community Information Forum will be held 1 to 3 p.m., Feb. 24, at the Aberdeen Area Recreation Center, building 3326.

All military, civilian personnel, retirees and their family members are invited to get acquainted with the military and civilian community at APG.

Representatives of support agencies/organizations will be present to discuss their activities.

For more information, call Marilyn Howard, Army Community Service, 410-278-9669.

Flu vaccine for military eligible beneficiaries

Kirk U.S. Army Health Clinic is encouraging all military eligible beneficiaries to get protected by getting a flu shot.

Eligible health care beneficiaries include those who are active duty or retirees and their eligible family members.

The Kirk Immunization Clinic at Aberdeen is open Monday through Friday, 7:30 a.m. to noon, closed each day for lunch noon to 1 p.m. and reopens Monday, Tuesday, Wednesday and Friday 1 to 4 p.m.

On Thursday afternoon, the hours are 2 p.m. to 4 p.m.

For more information or updates, call the Flu Vaccine Hotline at 410-305-FLUV (4-3588).

Experience the Civil Air Patrol at APG

The Civil Air Patrol is an auxiliary division of the U.S. Air Force open for enrollment to both male and female children between the ages of 12 and 18.

The CAP offers three missions as a cadet, aerospace education and emergency services student. Meetings are held 7 p.m. every Monday in building 5443.

For more information, contact Lt. Phillip Szczepanski, 410-803-9737 or e-mail: info@har-

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Commentary

Maryland Soldier receives Purple Heart at APG

Yvonne Johnson
APG News

The Purple Heart, a medal that no one wants, but everyone who receives it earns, was awarded to a former Aberdeen Proving Ground Soldier who was one of hundreds wounded during the bloody battle for Fallujah in November 2004.

Capt. William Jones was the unit commander of Company C 1st Battalion, 506th Infantry Regiment (Air Assault), the same unit immortalized in the movie, "Band of Brothers," when he fell to sniper fire in the city of Khaladiya, about 15 miles east of Fallujah on Nov. 12.

Jones took 7.62mm gunshot wounds to both legs and to his left buttock while pursuing insurgents.

After surgeries in Iraq and in Germany, he was transported to Walter Reed Army Medical Center on a C141 hospital plane Nov. 18.

On Feb. 14, Valentines Day, Jones received the Purple Heart medal from Maryland Senator Barbara Mikulski during a ceremony at the Aberdeen Proving Ground Army Ordnance Museum.

Brig. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command, and Col. John T. Wright, APG Garrison and deputy installation commander, hosted the ceremony.

In presenting the medal, Mikulski said it was a "great honor," to receive the letter from Jones requesting that she be the one to present his medal.

"To award this Purple Heart on Valentines Day is to say thank you to Captain Jones from a grateful nation, and to the U.S. military for fighting



Capt. William Jones, commander, Company C, 506th Infantry Regiment (Air Assault), receives the Purple Heart Medal from U.S. Senator Barbara Mikulski while his wife, Suzanne, far left, and Brig. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command, far right, look on during the award ceremony at the Ordnance Museum Feb. 14. Jones' family resides in Bel Air.

for our nation," Mikulski said.

Leaning on crutches, Jones received the medal flanked by his wife Suzanne Jones, mother Suphronia Jones, and children, Noah, 10, Asher, 8, and Maggie, 4.

He thanked Mikulski and Nadeau for making the event possible, and praised his unit, which is still deployed.

"My deepest gratitude goes to my men still serving in Iraq and fighting for our country," Jones said. "The Purple Heart medal is one I never wanted, but now that I'm getting it, I'm extremely proud of it."

In a voice choked with emotion, he added, "I've been

given so much from so many, I know how blessed I am, and I am overwhelmed with gratitude."

Additional presentations to Jones came from Orville R. Hughes, immediate past president of the Maryland Department of the Military Order of the Purple Heart who was recently selected Maryland Veteran of the Year by the Joint Veterans Committee of Maryland. Hughes presented Jones with an association membership, hat and patches.

"The legacy continues," Hughes said. "The training and skills you provided your

men enables them to carry on the fight."

Eugene Overton, president and co-founder of the 506th Infantry Regiment Association presented Jones with an association cap, patches, unit crest and membership. He said he traveled from Staten Island, N.Y. to present the award to a fellow "brother."

"I served with Charlie Company in Vietnam as a squad leader," Overton said. "To be able to be a part of this presentation is something special and worth the trip."

Suzanne Jones said she was grateful to the Army's Casualty Control personnel

who called to inform her of her husband's injuries.

"They knew his status was very serious and they wanted to let me know everything," she said.

His mother, Suphronia Jones of Baltimore added that when she received the word from her daughter-in-law, "I just said my prayers."

"I knew the Lord would take care of him," she said. "He's not just a hero to me, he's everything to me."

Jones' minister, Reverend John Wesley Moore of Westside United Methodist Ministries on the Eastern

See PURPLE HEART, page 5

Breakthrough technology allows blood donors to "Double the Difference" by giving 2 units of red cells

Red Cross

The Greater Chesapeake and Potomac Blood Services Region of the American Red Cross is introducing breakthrough technology that will allow some blood donors to maximize their donation potential by giving two units of red cells each time they roll up their sleeve to give the gift of life.

The program, "Double the Difference," is designed to enhance the donation process for blood donors and will ultimately help to decrease the occurrence of blood shortages across the region.

Haemonetics blood collection machines will

be used for this special automated process, which takes approximately 15 minutes longer than a regular whole blood donation process but allows donors to do in one visit what it would previously take two visits to accomplish.

While whole blood donors are eligible and encouraged to give every 56 days, those who donate using this new technology will be eligible every 112 days – ideal for those donors who have demanding professional and personal schedules, but who are also committed to continuously supporting the needs of patients in our local hospitals.

See DONORS, page 3

APG NCOs salute Perry Point veterans

Story and photo by
Yvonne Johnson
APG News

The National Salute to Hospitalized Veterans, celebrated this year from Feb. 14 to 19, got underway with a Valentine dance in the gymnasium of the Perry Point VA Medical Center in Perryville Feb. 12.

Every year the week of Feb. 14 brings an opportunity to recognize the contributions of the more than 98,000 hospitalized veterans in Department of Veterans Affairs nursing homes and hospitals around the country.

As they have for the past several years, Soldiers from the U.S. Army Ordnance Center and Schools' Noncommissioned Officer Academy served as escorts to the hospital's patients.

The gym was gaily decorated with red and

white tablecloths, balloons and streamers and hundreds of Valentine cards from hearts and streamers on the walls.

"The Soldiers pick up the patients in their rooms, bring them here then spend the afternoon chatting, serving snacks and basically letting them know that they are not forgotten," said Sandy Miller, recreation therapist.

She said that the veterans always appreciate the chance to spend time with Soldiers.

"Having them here makes this so special," Miller said.

Staff Sgt. Brendan Roberts, small group leader, led the group of 55 NCOs from eight different classes of the Basic Noncommissioned Officer Course. Roberts said the academy remains committed to participating in the annu-

See PERRY POINT, page 11



Staff. Sgt. Arturo Locke, BNCOC Class #502-05, right, shares a laugh with his new friend, Winfield Parker.



Photo by JOE ONDEK

A bald eagle looks out from its Aberdeen Proving Ground Nest.

APG briefed on bald eagle awareness

Meghan Bowen
APG News

An Eagle Awareness Briefing was held Feb. 14 at the Aberdeen Proving Ground Post Theater in the Aberdeen Area.

The training, which is mandated at Army installations which are home to the endangered species, focused on employees who work behind the fence in both the Edgewood and Aberdeen areas where the majority of eagles make their nests, but anyone may attend the briefings, according to Environmental Protection Specialist John Paul from APG Garrison's Directorate for Safety, Health and Environment.

Paul said the purpose of the briefing was to "raise awareness of the eagle as an endangered species and of the laws set out to protect them."

Paul said that under the Endangered Species Act of 1973, bald eagles may not be harmed or harassed.

Paul explained the appropriate behavior that employees should use around the eagles.

"If you see a nest in a tree do not approach it," Paul said. "There is a legal buffer zone with a 500 meter radius around each nest to protect the birds."

People are allowed to undertake normal routines such as driving to a work site on a paved road which passes through the edge of a buffer zone, but should not slow down or stop their vehicles.

Yellow and black signs will soon be erected to warn drivers when they are entering and exiting an eagle buffer zone, according to Paul.

Mission related activities
See EAGLE, page 3

Health

Using the Referral Management Center at Kirk U.S. Army Health Clinic

KUSAHC

TRICARE Prime enrollees are required to coordinate any and all medical care, with the exception of emergency care, with their Primary Care Managers. If the PCM is unable to provide the necessary care, a referral will be entered into the system for the care to be coordinated with the appropriate specialty provider.

Kirk U.S. Army Health Clinic does not provide a large selection of specialty services; therefore, many beneficiaries are required to go to other facilities for more definitive diagnostic testing and/or treatment.

The Referral Management Center has been established to work with the Managed Care Support Contractor, Health Net Federal Services, Inc., to coordinate referrals for specialty care.

There are three types of referrals that patients may receive: routine, 72-hour, and same day. Routine referrals are the most common.

Routine referrals

The access to care standard for a routine referral is 28 days. This means that the specialist should see the patient within 28 days of the referral being issued. If the provider recommends a routine referral for consultation with a specialist, make sure the clinic personnel has a current address and telephone number. If the services are available at a Military Treatment Facility, i.e., physical therapy, within the TRICARE access standards, Prime enrollees are required to use an MTF.

The beneficiary may choose to use a civilian provider instead of the MTF under the Point of Service option. Point of Service rules are outlined in the TRICARE North Region Beneficiary Handbook. The RMC personnel will check to see if there is a specialist appointment available at KUSAHC or a nearby MTF. Call KUSAHC, 410-278-5475, three days after (do not count the day the referral was initiated) the provider put in the initial refer-

ral to find out if there is an MTF appointment available. In some cases the patient will have to call the local MTF (other than KUSAHC) to make an appointment. If the specialty care is not available in the MTF, the RMC personnel will contact Health Net to arrange for a referral to a civilian network specialist. Health Net will make sure that the requested service can be paid under the TRICARE benefit to avoid unnecessary out of pocket costs to patients.

Health Net will send patients a letter that will include the network provider's name, address and telephone number. This is why it is extremely important to make sure that the address in DEERS and in the KUSAHC electronic medical records system is correct. If the patient has not received their letter from Health Net within 7 to 10 business days, or if a different network provider is needed, call Health Net, 1-877-TRICARE (1-877-874-2273).

Patients now have the flexibility to schedule an appointment with the civilian network provider for a time that best meets their schedule. If there are problems in arranging an appointment within four weeks or if the provider requires additional information to book the appointment, contact Health Net.

After arranging the appointment, contact Health Net to let them know the date of the appointment. When Health Net knows the appointment date, they will help get the specialist's consultation information to the PCM. If the specialist believes the patient needs additional medical services, the specialist will need to contact Health Net to arrange additional treatment. The initial visit referral will expire on the date listed on the authorization letter and the patient may need a new referral if the appointment has not been scheduled before the expiration date.

72-hour referrals

A 72-hour referral is issued when the problem is not an emergency but needs to be evaluated within days rather than weeks.

If the provider issues a 72-hour referral, the RMC will process the referral that same business day and Health Net will establish an authorization for the specialist appointment, the RMC staff will call the patient with their authorization and provider information.

Emergent referrals (same day)

This type of referral is reserved for true emergencies where the patient needs to be seen within 24 hours. This type of referral is normally issued for loss of life, limb or eyesight issues. If the provider writes a same day referral, the RMC staff will process the referral immediately. The care needed will not be delayed waiting on authorization from Health Net. The TRICARE Service Center at KUSAHC has a Referral Management Liaison assigned to assist with processing this type of referral.

Important Numbers

TRICARE

1-877-TRICARE (1-877-874-2273)

Referral Management Center

(for 72-hour and same day referral problems only)
410-278-1736

KUSAHC Call Center

410-278-KIRK (5475)

WRAMC Call Center

800-433-3574

Emphasizing children's dental health

Maj. Georgia dela Cruz
CHPPM

February is National Children's Dental Health Month. The theme for 2005 is "A healthy smile is always in style." While a nice smile does improve a child's self-esteem and social connectivity, healthy baby teeth are also important for chewing, learning to speak properly, and guiding the development of the permanent teeth.

An important part of keeping a child's teeth healthy is regular brushing. The American Association of Pediatric Dentistry recommends that parents begin brushing their babies' teeth as soon as the teeth erupt into the mouth. Making brushing fun

- When children get tired, they are not apt to be cooperative. Parents should give their children a chance to wake up a little in the morning by scheduling brushing after breakfast. At night children should brush after the last snack of the evening, but before they get too tired and cranky.
- Provide a stable step stool,

if necessary, so children can reach the sink comfortably and see themselves in the mirror when brushing their teeth.

- If the family uses fluoridated water, or the child receives fluoride supplements, don't use fluoride toothpaste until the child is 2 years old. After that, use only a pea-size amount of toothpaste. Children usually prefer fruit- or bubble gum-flavored toothpaste rather than mint.
- Children love to make choices. Have an assortment of child-size, soft-bristled toothbrushes and toothpastes that the child has chosen on hand.
- Help children understand what's going on by explaining that their teeth get dirty and covered with germs, just like their hands and faces. The germs use food to make their teeth dirty, and brushing is the best way to get their teeth clean.
- Make a game out of brushing by telling the child that the germs are "sugar bugs." Then they can "swat" or "chase" the sugar bugs with their toothbrush.

- Most children do not have the skills needed to brush their teeth thoroughly until they are about 8 years old. Parents should take turns brushing, and encourage the children to go first. Once the children are finished, parents should praise them, and take a turn at "swatting" any "sugar bugs" that the child may have missed.
- Have children spit several times after brushing, instead of rinsing. Most children cannot control their swallowing reflex until age 6 or so. If the child has trouble learning how to spit, Barbara Alden Wilson of Parenting magazine recommends telling him or her to look down at the drain and say "patooy." That way the spit doesn't wind up on the mirror.

Remember, "A healthy smile is always in style," and children model the behavior that they see in the adults around them. If children see their parents brush and floss regularly with enthusiasm, they are much more likely to follow the good example and have a dazzling smile that they can treasure for a lifetime.

Making the most of healthcare visits

Kirk U.S. Army Health Clinic

Whether a medical visit is for an annual examination or prompted by other symptoms, patients can make sure that all issues are addressed by prepar-

ing for the visit. Before the visit, take time to write down any symptoms along with the length of time they have been present.

Be specific. Has it been a week or three months? Is the

pain or discomfort there all the time or only sometimes? Exactly when is it painful or uncomfortable? Is the pain or condition getting worse? Did over-the-counter medications

See VISITS, page 3

DoD lauds blood donors 'Heroes helping heroes'

Office of the Army Surgeon General

January was National Volunteer Blood Donor Month, but the need for blood donations within the military continues all year around.

"I would like to extend my gratitude to those who have donated blood to the donor centers of the Armed Services Blood Program throughout its 51 years of operation," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "Since the onset of Operations Iraqi Freedom and Enduring Freedom, thousands of units have been transfused to those injured in Iraq and Afghanistan.

"As we continue to fight the Global War on Terrorism, the need for donors has never been more critical," he added.

Navy Cmdr. Michael Libby, ASBP Office director, echoed Winkenwerder.

"ASBP personnel collect and process blood, but it is the dedicated donors committed to helping others that truly provide for those in need," he said.

Whether due to injuries or illness, military members and their families need blood every day. More than 100,000 units of blood are transfused in military hospitals each year.

"The donors who give every day ensure blood will be there whenever it's needed, wherever it's needed," Libby said. "One

month really isn't enough time to show the gratitude patients and their families feel for these lifesavers all year long, but it does give us a chance to acknowledge how special blood donors are."

ASBP blood donor centers conduct awards ceremonies and special events throughout the blood donor month to show their appreciation to those who give blood to help save the lives of others.

"This caring and generous act saves lives, helps ensure the well being of America's armed forces, and provides family members with a unique opportunity to support America's fighting forces worldwide," Winkenwerder said. "Blood donors are heroes helping heroes."

The ASBP collects, processes, ships and stores blood products for military members and their families worldwide in peace and war. Though there are civilian agencies that collect blood, the ASBP is the only organization operated by the military to meet military blood needs. Active-duty service members, reservists, retirees, family members, Department of Defense employees and government contractors are eligible to donate to the ASBP.

For more information on donating blood, visit the Armed Services Blood Program Web site, www.tricare.osd.mil/asbp/donor_info/donor_centers.htm.

Improve patient safety through teamwork

Kirk U.S. Army Health Clinic

Patient Safety Awareness Week is March 6 through 12. The theme of this year's observance is "Patient Safety: The Power of Partnership."

Patient safety is one of the hottest topics in the health-care industry. Today more than ever, people need to stay informed and be involved with their health-care options. Patients are urged to speak up if they have questions or concerns in order to be knowledgeable about their medications, procedures, treatment and recovery process.

Teamwork is the key. Every staff member, patient and family member is a part of the patient-safety team. This means taking part in every decision about health care.

The National Patient Safety Institute recommends the following to improve patient safety:

1. Be active in your care. The single most important way a patient can help to prevent errors is to be an active member of their health-care team. This means taking part in every decision about the care. Research shows that patients who are involved in their care will obtain better results.
2. Be informative. Make sure that the provider knows everything the patient is taking. This includes all prescriptions, over-the-counter medicines and dietary supplements such as vitamins and herbs being used. Keep personal records up-to-date which ensures better-quality medical care.
3. Share previous problems. Make sure the provider knows about any allergies and reactions to medicines. This is critical for avoiding medicines that can harm the patient.
4. Ask questions about medications. When the provider gives you a prescription and when you pick up the medicine, ask that written information about your medicine be given in terms you can understand. What is the medicine for? How should it be taken? How long? What side effects are likely? What should be done if one occurs? Is the

medicine safe to take with my other medicines and dietary supplements? What food, drink or activities should be avoided while taking these medicines?

5. Ask questions about treatment. Prior to leaving the doctor's office, ask the provider to explain the treatment plan to follow at home. This includes learning about the prescribed medicines and finding out when to resume regular activities.

6. Take special precautions before surgery. Make sure patient knows what to expect if needing surgery. Ask the provider and surgeon: "Who will be in charge of my care? Exactly what will be done? How long will it take? What will happen after surgery? How will I feel after the surgery? How will I feel during recovery?" Tell the surgeon, anesthesiologist, and nurse if patient has had allergies or bad reaction to anesthesia. Mistakes can be avoided if all members of the health-care team including patients agree about what will be done during surgery.

7. Speak up. Speak up if there are questions and or concerns.

8. Don't assume they know. Make sure all health professionals involved in patient care are aware of important health information about the patient. Do not assume that everyone knows everything that they need to know.

9. Designate an advocate. If patient thinks they will need help, ask someone to help get things done and speak for the patient, this can be a friend or family member.

10. Learn on your own. Learn about your conditions and treatment. Studies have shown that patients who educate themselves about their medical conditions live happier, healthier lives.

11. Learn by asking. Learn about patient condition by asking the provider, nurse, and other reliable resources for medical information.

For more patient safety information, visit <http://www.npsf.org>.

APG News

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Black History Month spotlight on Cathay Williams: first African-American woman to enlist in the U.S. Army

Courtesy of www.army.mil

On November 15, 1866, Cathay Williams enlisted in the Army using the name William Cathay.

She informed her recruiting officer that she was a 22-year-old cook. He described her as 5' 9", with black eyes, black hair and black complexion.

An Army surgeon examined Cathay and determined the recruit was fit for duty, thus sealing her fate in history as the first documented African-

American woman to enlist in the Army even though U.S. Army regulations forbade the enlistment of women.

Cathay was assigned to the 38th U.S. Infantry and traveled throughout the west with her unit. During her service, she was hospitalized at least five times, but no one discovered she was a female. After less than two years of service, Cathay was given a disability discharge but little is known of the exact medical reasons.



Eagle

From front page

are reviewed for their potential to have a negative impact on the eagles.

Activities within buffer zones are postponed until the birds have completed their breeding season.

Paul talked about the importance of preserving the eagle population.

“Bald eagles have not only an environmental value, but a societal value, as well,” Paul said.

“Eagles are at the top of their food chain, but people value eagles because they are quite majestic and they are our national symbol.”

Paul also showed employees how to identify the eagles from other birds such as vultures.

A similar session was held in the Edgewood Area Feb 15.

Eventually the training will be available online, but until then eagle awareness briefings will continue to be held.

For more information, please contact John Paul at 410-436-4567 or via e-mail at john.paul@usag.apg.army.mil.

Donors

From front page

Other donor benefits include use of a smaller needle, as well as the return of plasma to the donor’s bloodstream, which will ultimately send donors away feeling more hydrated than when they came in for their appointment.

“Today’s donors are busier than ever, and this new technology offers them an opportunity to maximize their commitment to helping save lives by making just three appointments per year instead of six,” said Gary Ouellette, chief executive officer for the GC & P Region. “We are very excited to bring this new technology to our dedicated donors and blood drive sponsors, and are confident that it will support our mis-

sion to save the lives of patients in our community who are dependent on blood in order to survive.”

Eligibility requirements for participation in the “Double the Difference” program are similar to the requirements for whole blood donation, however, male donors must weigh at least 150 pounds and be a minimum 5’1” in height, while female donors must weigh at least 175 pounds and be a minimum of 5’5” in height.

Members of the community who are interested in taking advantage of this new opportunity by scheduling a regular whole blood donation are asked to call the American Red Cross at 1-800-GIVE-LIFE. For more information, visit the GC & P Region online at www.my-red-cross.org.

Visits

From page 2

help? Also, list any new medications that may have been prescribed by other providers.

During the visit, go over the list with the provider. Listen to the provider’s instructions and ask questions. Is this test or procedure needed now? Is there anything else that can be tried first? If a test comes back positive, what

will be done next? Always tell the doctor if you are pregnant, planning to be pregnant or breast-feeding.

If medication is part of the treatment, remind the provider of any allergies and ask if it can be taken with other medications. Note if side effects are possible and find out if generic brands can be used as substitutes. After taking the medication, if problems persist or the condition worsens, contact the prescribing provider immediately.



Photo by RALPH BROTH
Brig. Gen. Roger A. Nadeau listens to Purple Heart Medal recipient Capt. William Jones describes the intense living and fighting conditions for the Army's Infantry in Iraq. Jones was assigned to the 506th Infantry Division when he was wounded in November 2004.

Purple heart

From front page

Shore, opened the ceremony with a Warrior Honor Song in tribute to the family's Native American heritage.

Calling himself Jones' "adopted brother," Moore said he chose the song because of what Jones told him before he went to Iraq.

"I asked him why he wanted to go and he said because people there want to be free," Moore said.

Persevering through turmoil

Capt. William Jones described the week preceding his wounding as one of "unusual violence." Part of his job included providing platoons of 35 men and 7 to 8 vehicles for daily highway and route security missions.

It was a week of intense insurgent resistance and seemingly non-stop violence.

On Nov. 8, the day after the battle for Fallujah began, a suicide car bomber seriously injured one, and wounded three others. A series of intense firefights with insurgents on Nov. 9 resulted in five dead insurgents and the capture of a large quantity of ammunition and weapons; a soldier was seriously injured Nov. 10 when his vehicle hit an Improvised Explosive Device, and Jones' first and third platoons engaged in intense engagements with insurgents that led to the capture of several insurgents with no American casualties.

A suicide car bomber attack on the 3rd platoon on Nov. 11, the day before Jones was wounded, caused the death of one NCO and the wounding of six others.

The incident hit the unit hard as the NCO was popular and respected, Jones said. A humbling and touching moment came when he and his unit leaders went to the forward surgical operating hospital to pay their respects to the fallen NCO's remains and visit their wounded.

"I sat on the right side of Sgt. 1st Class Stricklin, 1st

Sgt. Burgos sat on his left side and 1st Lt. Lambert stood at the foot of his bunk. Sgt. 1st Class Stricklin looked at me and said, "Why Staff Sgt. Huey, why him? He was the best of all of us. He was my best friend." We shook our heads and just cried. We all were there in that small tent grieving for our friend and for that one pure moment we were completely connected and at peace."

Jones said it was difficult, but imperative to give his Soldiers "words of encouragement," before the next mission.

"They were being asked to go right back to an area that was almost guaranteed to lead to trouble and possible casualties. However, the men did not need a pep talk. They wanted pay back and wanted to let the insurgents know we would not be pushed out of any town in Iraq."

The next day, Nov. 12, with a route security mission with the 3rd platoon in Modiq nearly completed, Jones and his men were called to respond to a report of contact with insurgents in Khaladiya, about 15 miles east of Fallujah.

It was there, in an alleyway while pursuing fleeing insurgents that Jones fell to sniper fire.

"I had the insurgent in my sight picture and fired two quick shots. As soon as I fired my shots my feet were knocked out from underneath me. I had no idea what had knocked me down ... I tried to get up and felt this terrible pain in both my legs and fell back down to the ground. I looked at my left leg and could see the bone sticking out of my boot. I could not believe I had been shot."

Jones was quickly transported to a forward surgical operating hospital at Camp TQ where he was operated on, then to Baghdad for transport to Germany, where after three days he was flown to Walter Reed.

He said he would never forget the kindnesses that were shown to him and his family by friends, support groups and

total strangers. Support groups have provided clothing and sundries for wounded Soldiers. Friends, neighbors and strangers donate funds, meals, and even babysat for the family.

"I'm really surprised by all the thank yous. I feel like I should be thanking America., Jones said. No one has to thank me for what I do. I receive a paycheck every month just like everybody else. I didn't do anything spectacular."

Jones said he is attending physical therapy at clinics in Aberdeen and Churchville, "working hard as I can to recover."

He said that although he probably would not volunteer to return to Iraq, he would not hesitate to return if called on to do so.

"I understand the strain it puts on my family or on any family, so no, I would not volunteer, he said. "But I am a Soldier. I go where I am told to go."

Jones served at APG for a short time when his former unit, 2nd Battalion, 10th Mountain Division was deployed to APG for Operation Noble Eagle after the Sept. 11, 2001, terrorist attacks. He returned to APG after serving in Afghanistan and Fort Benning, Ga., serving on the staff of the S-3 Operations Division before being reassigned to Korea prior to his deployment to Iraq, according to Katie McRoberts, APG Garrison.

Visit
APG News
online at
**www.apgnews.
apg.army.mil**

Community Notes

**SATURDAY
FEBRUARY 26
MCSC WOMEN'S
CONFERENCE**

The Military and Civilian Spouses' Club will sponsor a Women's Conference, 9 a.m. to 3 p.m., at the Gunpowder Club in the Edgewood Area.

The Women's Conference is a series of workshops designed to uplift, enlighten,

motivate and strengthen women in their various roles as women, mothers, wives, and invaluable contributors to their workplace and local communities. The conference is for all women, including military wives, female Soldiers, women who work or live at Aberdeen Proving Ground or in the surrounding communities. Membership in the MCSC is not required.

Speakers include Marianne Banister, WBAL-TV News anchorwoman; Diane Finlayson, WYPR-FM radio personality; and Nancy Jacobs, Maryland State Senator for District 34.

Cost is \$12 per person; registration is limited and is on a first-come, first-served basis. The deadline for registration is Feb. 23. No children are allowed (including

infants) and no childcare will be available. You may not register the day of the conference. Registration forms are available at the APG Thrift Shop and the Army Community Service, building 2754, or visit www.apgmc-sc.org.

For more information call Moira Kearney, 410-836-5937.

**SATURDAY
MARCH 5
BASKET BINGO**

Basket Bingo to benefit USNTC Bainbridge Historical Association will be held at VFW Post 8185, Route 222, Port Deposit. Doors open 6 p.m. Tickets cost \$10 per person for all paper cards. Food, beverage and baked goods will be available

**SUNDAY
MARCH 6
WOMEN'S HISTORY
MONTH LUNCHEON**

The 21st Annual Women's History Month Luncheon, sponsored by Harford County government, will be held 12:15 to 2:30 p.m. at the Richlin Ballroom on Van Bibber Road, Edgewood. This year's luncheon theme is "Plant a Seed. . .Grow a Future."

Guest speakers are Connie Beims and Christine Tolbert, authors of Journey Through Berkley, Maryland: A Tapestry of Black and White Lives Woven Together Over 200 Years at a Rural Crossroads. Beims is a member of the Maryland Women's Hall of Fame, while Tolbert is an Educator's Hall of Fame inductee.

Tickets cost \$25 per person and must be purchased no later than Feb. 22.

A Silent Auction will be held. Proceeds will provide scholarships for worthy female students pursuing post-secondary education.

Application forms are available on line at www.co.ha.md.us, in the Office of Community Services, First Floor, at the Harford County Government Administration Building, 220 South Main St., Bel Air, or call the office at 410-638-3389.

Completed forms must be postmarked by April 1.

For more information or to purchase tickets, call Tina McCarthy Potts at 410-638-3389.



Channel 21 features Pentagon channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

Monday

Army Health Watch, 2 a.m. and 3 p.m.
Air Force TV News, 8 a.m. and 8 p.m.
Studio Five, 9 a.m., 3:30 and 9 p.m.
Army Newswatch, 11 a.m. and 3 p.m.

Tuesday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.
Air Force TV News, 10:30 a.m.
Studio Five, 11 a.m. and 4 p.m.
Army Newswatch, 12:30 and 7 p.m.

Wednesday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.
Studio Five, 9 a.m., 3 and 9 p.m.
Army Newswatch, 9:30 a.m., 4 p.m.
Your Corps, 5 p.m.

Thursday

Around the Services, 5:30 and 8 a.m., noon, 5:30 p.m.
Studio Five, 7 a.m., 2 and 7 p.m.
Air Force TV News, 9 a.m. and 9 p.m.
Navy/Marine Corps News, 11 a.m. and 3 p.m.

Friday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.
Studio Five, 7 and 11 a.m. and 7 p.m.

Army Newswatch, 3 p.m.
Army Football, 4 p.m.

Saturday

Army Football, 4 a.m.
Around the Services, 5:30 p.m.
Army Newswatch, 7:30 a.m. and 5:30 p.m.
Air Force TV News, 3 p.m.
Your Corps, 1:30 p.m.
Studio Five, 8 p.m.

Sunday

Army Newswatch, 5:30 a.m. and 4:30 p.m.
Navy/Marine Corps News, 10:30 a.m. and 3 p.m.
Your Corps, 11 a.m.
Air Force TV News, noon
Army Healthwatch, 2 p.m.

Air Force TV News - Bi-weekly TV magazine on the men and women of the Air Force.

Army Health Watch - Health issues concerning military personnel.

Army Newswatch - Bi-weekly report on the men and women of the Army

Around the Services - From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world

Studio Five - A conversation with the military: Weekly interviews of Defense Department about today's top issues

Your Corps - Monthly view of the men and women of the Marine Corps

MOVIES

**ADMISSION: ADULTS \$3.50, CHILDREN \$1.75
Building 3245 Aberdeen Boulevard
To verify listing, call 410-272-7520.**

COACH CARTER

Friday, Feb. 25, 7 p.m.

Starring: Samuel L. Jackson, Robert Richard

Coach Ken Carter, who oversees the direction of Richmond High School's basketball program in California, found himself in the center of controversy when he locked out his entire Varsity basketball team (including his own son) in order to motivate and push them to improve their grades. He was even prepared to cancel his entire season after 15 of his 45 players failed to live up to the classroom standards they agreed to in a contract they had signed earlier in the semester. Ken Carter went on to garner national headlines and high praise even from some of his own athletes, some of whom later earned academic scholarships. (Rated PG-13)

**IN GOOD COMPANY
(FREE ADMISSION)**

Saturday, Feb. 26, 7 p.m.

Starring: Dennis Quaid, Topher Grace

Dan (Quaid) is demoted

from head of ad sales in a corporate takeover. His new boss, Carter (Grace) is half his age – a business school prodigy who preaches corporate synergy. Both men are going through turmoil at home. Dan can't afford to lose his job in the wave of corporate layoffs. Dan and Carter's relationship is thrown into jeopardy when Carter begins an affair with, Dan's daughter. (Rated PG-13)

**ASSAULT ON
PRECINCT 13**

Saturday, Feb. 26, 9 p.m.

Starring: Ethan Hawke, Larrence Fishburne

A soon-to-be demolished police station is watched over by a police captain (Hawke) and his crew on New Year's Eve. But the prisoners they're guarding become their allies when a gangster (Laurence Fishburne) breaks into the joint to free his former criminal colleagues. A rogue officer (Gabriel Byrne) wants all of them dead before they can get to a trial that will bring down all the crooked cops on the force. (Rated R)

Post Shorts

fordcap.org.

**Scheduling TRICARE
informational brief-
ings, forums**

Units or groups that would like to schedule TRICARE briefings should contact Nannetta Hicks, TRICARE community representative, via e-mail at nanetta.l.hicks@us.army.mil, or at the Kirk U.S. Army Health Clinic, Room A08.

**FWP holds annual
conference Mar. 2**

The Aberdeen Proving Ground Federal Women's Program will observe Women's History Month by hosting their 15th Annual Training Conference at the Edgewood Conference Center and the Edgewood Gunpowder Club, 8 a.m. to 4 p.m., March 2.

The training is open to all military and civilian employees, but a supervisor's permission is required prior to registering.

Register at <http://apg-intra.apg.army.mil/apg/fwp/fwp.htm>. Problems with registering should be reported to Charlotte Albro, 410-436-4611 or Sheryl Coleman, 410-278-5964.

**MCSC offers half-
year membership**

The Military and Civilian Spouses' Club is offering half-year membership for \$7.50.

For more information, call Sarah Novak, 410-297-8158.

Membership is open to any spouse of military or civilian associated with Aberdeen Proving Ground.

**New medical
records policy at
KUSAHC**

The Medical Records Room at Kirk U. S. Army Health Clinic will no longer sign out medical records for Soldiers undergoing PCS,

ETS, and retirements.

If a service member is undergoing a PCS, the service member must bring a copy of the orders to the Medical Records Room and sign a release of information.

The medical record will then be forwarded to the next duty station by certified mail.

If the service member is going overseas, they will be allowed to take their medical record with them.

If the family is not going with the service member to the next duty station or is not living near a military treatment facility, the family can sign a release form and put in a request for a copy of the medical records.

This should be done four to six weeks in advance.

The original medical record will be maintained at Kirk U.S. Army Health Clinic.

The copies of the medical records will be mailed to the family members.

**WACVA Maryland
Free State Chapter
70 to meet**

The Women's Army Corps Veterans Association, Free State Chapter 70 will meet at the Aberdeen Senior Center 11 a.m., March 5.

Issues to be discussed include supporting upcoming events for the year at the Perry Point V.A. Medical Center. Women veterans of all service branches and active duty service members are welcome to attend Chapter 70 meetings to learn more about the organization that serves the veterans of Harford and Cecil counties and the service members of Aberdeen Proving Ground.

The chapter meets the first Saturday of the month at the same location.

For more information, contact chapter president Judy Fortier at 410-272-4115.

**New program seeks
volunteers**

The Aberdeen Proving Ground Minority College Relations Program is seeking volunteers from the Garrison and tenant activities to build a Minority College Relations Team.

The MCRT will identify and develop collaborative programs that will strengthen minority colleges, APG's viability to participate in and benefit from federal programs, and enhance APG's future readiness by partnering with these colleges and institutions.

For more information, call Neslie Etheridge, 410-278-1131.

Toastmasters meet

Gunpowder Toastmasters Club 2562 will hold its regular meeting Monday, March 7 at the Gunpowder Toastmasters Club in APG's Edgewood Area. The meeting is open to anyone on or off post who wants to improve their communication, leadership and listening skills and overcome the fear of public speaking. Lunch will be available.

For more information, call Leonard Kolodny, 410-734-6573 or 410-322-7748.

**NASA Space Camp
applications**

Applications are being accepted for the 2005 Bernard Curtis Brown II Memorial Space Camp scholarship. The scholarship is funded by the Military Child Education Coalition (MCEC). Full tuition includes meals, lodging, program materials and transportation from the student's home base to nearest Space Camp. Children of an active duty military parent, enrolled in grades six through 9 are eligible to apply. The deadline for completed applications is April 1.

For more information or to apply for the scholarship, call Ivan Mehoskey at 410-278-2857, or visit the Web site at www.spacecamp.com.

**CWF sponsors trip to
Sight and Sound
Theatre**

The Civilian Welfare Fund will sponsor a trip to see "Behold the Lamb" March 25, at the Sight and Sound Millennium Theatre, Ronks, Penn. New scenes, new staging, new miracles and new life have been added to one of Sight and Sound's greatest productions. Cost is \$74 per person for adults, \$52 for teens ages 13 to 18, and \$44 for ages 3 to 12, and includes charter bus transportation, meal and show. Age should be specified when making reservations.

For more information or for reservations, call Angela Keithley or Jacqueline McKeever, 410-278-4603/4771.

**Special compensa-
tion to Purple Heart
recipients**

The Combat Military Medically Retired Veteran's Fairness Act of 2004 (HR 4637) authorizes the payment of special compensation to members of the Armed Forces retired due to disability with less than 20 years of active service who were awarded the Purple Heart.

The act states that such payments shall be made without regard to special rules applicable to other disability retirees, which require offsetting reductions.

To learn more about HR 4637, visit <http://vote.military.com/military/issues/bills/?bill=6778421>.

**Land of the midnight
sun**

The Civilian Welfare Fund will sponsor a trip to Alaska. The Alaskan Wilderness Explorer Cruisetour (Cruise and Land Tour, to include the Arctic Circle) will take place Aug. 8 through 22. Passengers will

travel aboard the Dawn Princess of the Princess Cruise Line.

Inside cabins cost \$3,699 based on double occupancy; third and fourth persons in an inside cabin cost \$2,649 each; outside cabins cost \$4,240 based on double-occupancy; third and fourth persons in an outside cabin cost \$2,849 each. Balcony cabins cost \$4,499 each based on double-occupancy; singles cost \$5,249 for an inside cabin and \$6,099 for an outside cabin. A \$350 per person deposit is due upon booking. Cabins are based on availability.

A flight will depart BWI for Vancouver, British Columbia. The Dawn Princess will sail the Inside Passage – destinations include Glacier Bay National Park, Ketchikan, Juneau and Skagway. The remainder of trip will take place on land with sightseeing in Whittier and Anchorage; a flight to Prudhoe Bay; a tour of the famed Haul Road via motorcoach; Brooks Range and Coldfoot; an overnight stay at the Fairbanks Princess Riverside Lodge; travel the Chena River on a Sternwheeler Riverboat Cruise; a stay at the Denali Princess Wilderness Lodge for two nights; a Tundra Wilderness Tour of Denali National Park; travel to Anchorage and much more.

For more information or to make reservations, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

**Registering new-
borns in TRICARE**

Newborns over 60 days old must be enrolled in TRICARE Prime or they are considered TRICARE Standard and will only have space available care after 11 a.m. at Kirk U.S. Army Health Clinic.

There is no automatic enrollment in TRICARE Prime. Parents or Guardians

must fill out the TRICARE Prime enrollment forms as family members change. Family members must be enrolled in DEERS through their personnel office before they can enroll in TRICARE.

Members should stop by the TRICARE Service Center located at KUSAHC, Room A06, to update their family's TRICARE enrollment status. After updating the TRICARE enrollment, go to Patient Administration, Room C22 to register or update member's registration in the electronic medical records system. It is essential that correct information be entered in this system so that KUSAHC may contact the member or process any specialty referral for civilian network care. A local address and phone number is required.

**NAF military spouse
program changes**

Nonappropriated Fund military spouses will no longer lose their spousal preference until they either accept or decline a regular full-time or regular part-time position.

Effective immediately, a military spouse will be able to accept a Flexible position and retain her/his preference. This will permit changing from one flexible job to another while retaining preference until a RFT or RPT position is accepted or declined.

Military spouses currently employed by NAF are eligible to use their spousal preference as vacancies are announced provided they have not held a RFT/RPT position or declined a RFT/RPT position since relocating to APG.

Each time a spouse claims preference, she/he must complete the Spouse Employment Preference form in addition to the standard application forms.

For more information, call 410-278-8994/8992/5127.

**Visit the land of
tulips, windmills,**



Morale, Welfare & Recreation

Activities

Operating hours

The MWR Registration, Tickets and Leisure Travel Center is open from 9 a.m. to 5 p.m., Monday thru Friday, and 11 a.m. to 7 p.m., the first and third Friday of every month.

If that is a training holiday, the office will be open 11 a.m. to 7 p.m. on the Thursday prior.

For more information, call 410-278-4011/4907 or e-mail mwr_registration@usag.apg.army.mil.

Gardening Seminar

Learn how to set-up and maintain a garden at home or business. The Master Gardener Club of Harford County will introduce the steps and procedures necessary to produce the style and quality of the garden desired. Class will be held 10 to 11 a.m., Feb. 26, at the AA Recreation Center. Cost is \$10. Register by Feb. 23.

Green Dragon Flea Market

MWR will offer a trip to the Green Dragon Flea Market on March 11, located in the heart of the Pennsylvania Dutch Country.

Cost of the trip is \$30 per person. The bus will depart at 7:15 a.m. and return 5 p.m.

Register by Feb. 25 at MWR Registration, building 3326, 410-278-4907/4011.

Jujitsu

Jujitsu is the ancient art of hand-to-hand combat. Classes, scheduled for 6 to 7 p.m., Tuesdays, March 1 through 22, in Russell Gym, are designed to enable the student to become proficient in the art of self-defense.

The course will consist of take-downs, grappling and gripping, and ground floor fighting to subdue an opponent. The instructor will give an overview and syllabus of requirements for obtaining belts, as well as the recommended training regiment for progression.

Students will be responsible for obtaining any individualized equipment needed for the program. Cost is \$35. Register

by Feb. 25.

Ballroom Dancing

Become proficient in Ballroom Dancing with instructional classes held 7 to 8:30 p.m., Mondays, March 7 to 28, at the AA Recreation Center.

Course will consist of hands-on instruction with emphasizing on current and popular dances. Course will help both beginner and intermediate students learn and master the basic steps and sequences required for performing the dance routines involved in the program. Register by March 4. Cost is \$60 per person or \$100 per couple.

Adult Chess Championship

An Adult Chess Championship will be held 9 a.m., March 5 at the AA Recreation Center, building 3326. This competition will consist of round robin play with 30-minute games based on the point system. Winners will be selected based on win/loss percentage. Awards will be presented to the top three players. Players must be 18 years of age.

Cost is \$10. Register by March 3.

Fencing

Beginner classes will be taught 7 to 8 p.m., March 8 through 29, at the AA Recreation Center. Beginner fencing teaches the basic maneuvers employed on offence and defense, how to initiate or avoid an attack by an opponent and how to improve skills and timing.

Intermediate fencing runs 7 to 8 p.m., April 5 through 26, at the AA Recreation Center. Intermediate fencing will fine tune movement and execution for match conditions. Practice and develop strategies and techniques, which will help make the fencer a successful tournament contender.

Register by April 1. Cost is \$35. All equipment will be provided.

Engraving machine at Arts and Crafts

The Arts and Crafts facility has a new engraving machine.

The New Hermes Gravo-graph, with its state-of-the-art font and ornamental capabilities gives customers a wider selection of graphics for special occasion plaques.

Used mainly for plaques and trophies, one new capability includes the option to space letters randomly instead of using straight lines.

A large plaque selection includes a selection of accessories and eight to 10 different metal colors.

The standard fees for engraving include 10 cents per letter and 15 cents per square inch of metal. Plaques range from \$4 to \$40 and accessories, such as organizational crests, are additional.

Anyone who has taken the Framing Class can use the area for \$5 a day.

For more information, call 410-278-4207.

Paint your own

Edgewood Area Arts and Crafts now has a "Paint Your Own Ceramic Studio."

The ceramic studio is open to all APG civilians, active duty military, contractors, reservists and their dependents. No previous artist skills are required. There is a wide assortment of gift items to choose from.

Hours of operation are 1 to 9 p.m., Thursday and 9 a.m. to 5 p.m., Friday and Saturday in building E-4440, next to the Military Police Station.

For more information, call 410-436-2153.

Basic plumbing

The course will teach participants how to make plumbing repairs in their home or business including how to repair pipes and stop leaks, what steps to take in emergency situations, and when to look for warning or danger signs and why. The proper way to care for and maintain existing fixtures and other plumbing apparatus will also be covered. Cost is \$25.

Classes will be held 6 to 7 p.m., Feb. 23, in Auto Crafts.

Cherry Blossom

cruise lunch

MWR will sponsor a Cherry Blossom cruise lunch in Washington, D.C. April 3.

Cost is \$85 and includes round trip transportation, a two and one half hour cruise on the Potomac River with Dandy Cruises and a meal. The bus will depart 9 a.m. and return 5 p.m. Register by March 21.

Tickets available for "The Biggest Show on Earth"

Don't run away to join the circus – purchase tickets from MWR to see Ringling Brothers and Barnum and Bailey Circus at the 1st Mariner Arena in Baltimore, March 9 through 20. All tickets cost \$16.50. Pre-order tickets now. The last day to purchase tickets is March 4.

New York City Tour

MWR will sponsor a tour of New York City, 7:30 a.m. to 10 p.m., March 19. Cost is \$75 per person and includes lunch plus a guided tour of Ground Zero, Battery Park, Chinatown, the Financial District, the Village area, United Nations, the Empire State Building, Times Square, 5th Avenue, Radio City, Rockefeller Plaza, and more. History, sights, and sounds will be presented by a professional tour guide. Register by March 4.

Spring Fling parade

APG will host a community-wide Spring Fling April 16, 8:30 a.m. to 3 p.m., featuring a parade followed by a variety of games, social leisure and sports activities and refreshments, and entertainment for the entire family. The event is open to all members of the APG community and their guests.

The parade will begin in the vicinity of the post library, travel around Fanshaw Field, pass the reviewing stand at the APG Athletic Center and end at the entrance to Shine Sports Field. Several youth sports teams, scout troops, military units, police and fire departments and the 389th Army

Band (AMC's Own) will participate in the parade. Prizes will be awarded in the vicinity of the Athletic Center at approximately 11 a.m.

Following the parade, various give-aways and activities will be provided such as balloons, face-painting, caricature drawings, magic show, meet McGruff, demonstrations by police SWAT Team, Army Substance Abuse Prevention activities and information, Army Community Service, Child Youth Services, Community Recreation activities. In addition, Outdoor Recreation will host an expo featuring items of equipment that are available for rental at the equipment issue center.

Passport to Manhood

Passport to Manhood, a program designed for young men, ages 11 to 14, will be held 7 to 8:30 p.m., March 17, 2005 through March 16, 2006 at Aberdeen Youth Services, building 2522.

The program addresses issues such as ethics, decision making, wellness, fatherhood, employment and careers, cooperation and conflict, diversity, relationships and self-esteem. The 14-session small-group program will use role playing, peer discussions, games and art projects to explore values, attitudes and behaviors necessary for a healthy transition from adolescence to adulthood. Register by March 15.

Spring Racquetball Tournament

A round robin singles spring racquetball tournament will be held 6 to 11 p.m., March 10, at the APG Athletic Center, building 3300. Cost to enter is \$10.

The tournament is a round robin singles format; winners will be selected on win/loss record percentage. Trophies will be awarded to the top three players in each division. Players may enter only one event. Divisions will consist of male and female advanced, intermediate, beginner and novice. Register by March 8.

Lights, camera, action in New York City

MWR will sponsor a trip to visit New York City landmarks used in Hollywood filmmaking, 7:35 a.m. to 10 p.m., April 2. See famous movie sites like the restaurant used in Spiderman, the diner used in "Men in Black," the firehouse from "Ghostbusters" and more.

Cost of the trip is \$85 and includes round trip bus transportation, lunch at Ellen's Star Dust Diner and tour. Register by March 18 at MWR Registration, building 3326, 410-278-4907/4011.

Table Tennis Championship

A one-day double elimination table tennis championship will be held 9 a.m., March 19, at Russell Gymnasium, building 3330. Cost to enter is \$10. Adults 18 years and older are eligible to enter. The tournament will feature singles and doubles competition in two divisions, military and open. All matches will be best of three games to 21 except for the finals, which will be the best of five. Awards will be presented to the top three players in each category for male and female. Register by March 17 at MWR Registration, building 3326, 410-278-4907/4011.

Introduction to Waterfowl Carving

APG's location on the Chesapeake Bay makes Introduction to Waterfowl Carving perfect. The class will be held 6 to 9:30 p.m., March 10, at the AA Recreation Center, building 3326. Cost is \$25. The class will enable students to become proficient in the art of decorative waterfowl carving and produce an ornamental work of beauty they can take home and enjoy for a lifetime. Cost includes supplies. Hands-on instruction will be provided. Register by March 8 at MWR Registration, building 3326, 410-278-4907/4011.

Mardi Gras Ball

Everyone is invited to dance the night away and enjoy a delicious dinner featuring New Orleans cuisine, 7 p.m. to midnight, Feb. 26, at Top of the Bay.

Dress up and wear a favorite mask, or one will be provided. Enjoy live music performed by the band "Fifth Avenue." Cost is \$45 per person.

For more information or tickets, contact Angela Keithley, 410-278-4603 or e-mail angela.keithley@usag.apg.army.mil.

SCHOOL LIAISON/YOUTH EDUCATION

Parent nights at local schools

Harford County Public Schools Parent Information Nights are being held as follows. For starting times, call a number listed below.

Magnolia Middle School

Multi-purpose Room

Feb. 22

Betty Mull, 410-638-3658

Southampton Middle School

Cafeteria

March 2

Barbara Sauer, 410-638-4150

Driver's Education classes scheduled

Youth Services will present winter and spring State-certified Driver's Education classes at Child and Youth Services, building 2752, room 210. Classes are 30 hours of instruction each and will begin on Wednesday and end on Tuesday of the second week.

There will be no classes on holidays. Parents and students must attend the first hour of class together (Feb. 2, Feb. 16, etc.) to review rules and procedures.

The following classes are scheduled:

March 2 through March 15, 5:30 to 8:45 p.m.

March 16 through March 29, 5:30 to 8:45 p.m.

March 30 through April 12, 5:30 to 8:45 p.m.

April 13 through April 26, 5:30 to 8:45 p.m.

April 27 through May 10, 5:30 to 8:45 p.m.

May 11 through May 24, 5:30 to 8:45 p.m.

The cost is \$295 plus \$18 registration/membership fee for teens or family members 15 years of age or older, of military, retired, DoD (and DA) personnel and contractors who work at APG per student. Adults may also register on a case-by-case basis.

Registration will be held 8 a.m. to 5 p.m., Monday through Friday, at the

Outreach Services-Central Registration Office, room 110, building 2752. A minimum class size of three students is required, 21 students maximum.

To make an appointment to register and pay the fee, call Christina Keithley at 410-278-7571 or Pat Palazzi at 410-278-7479.

For more information about the Teen Driver Education program, call Greg Williams, Rules Driving School, Inc., at 410-939-7008 or 937-2184, or Ivan Mehosky at 410-278-2857.

Learn to play chess

Youth Services offers free chess classes for APG students 3rd grade and up at the Aberdeen Youth Center, building 2522, and Edgewood Youth Center, building E-1902.

Aberdeen Area classes will be held at the Aberdeen Youth Center 3:45 to 4:30 p.m., Mondays, for students 6th grade and up at and for 3rd through 5th graders. Edgewood Area classes will be held at the Edgewood Youth Center 4:30 to 5:15 p.m., Wednesdays for students 3rd grade and up.

Instructional booklets and chess sets are available to all participating students. Round robin tournaments will also be conducted. Sign-up with Charles Heinsohn at the times stated above, or call him at 410-278-3868

NASA Space Camp applications being accepted

Applications are being accepted for the 2005 Bernard Curtis Brown II Memorial Space Camp scholarship. Children of an active duty military parent enrolled in grades six through 9 are eligible to apply. The scholarship is funded by the Military Child Education Coalition.

Full tuition includes meals, lodging, program materials and transportation from the student's home base to nearest Space Camp.

The deadline for completed applications is April 1.

For more information or to apply for the scholarship, call Ivan Mehoskey at 410-278-2857, or visit Web site www.space-camp.com.

CareerLaunch for youths

The Gap Foundation will sponsor CareerLaunch for youths ages 13 to 18 years of age, 4 to 5 p.m., March 14 through May 2, at Aberdeen Youth Services, building 2522. CareerLaunch encourages members to assess their skills and interests, explore careers, make sound educational decisions and prepare to join our nation's ever-changing work force. Mentoring and job shadowing opportunities for teens and training staff round out the program.

Attendance is free. Youths must have an active CYS membership.

Register by March 7 at Aberdeen Youth Services, building 2522, 410-278-4995.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The Edgewood Area Library is open 11:30 a.m. to 6:30 p.m., Tuesday. For more information, call 410-278-3417.

The following is a list of some new books available at the APG MWR libraries:

No Place to Hide: Behind the Scenes of Our Emerging Surveillance Society by Robert O'Harrow.

In a post-9/11 world where homeland security often trumps personal liberty, this work is an eye-opener for those who take their privacy for granted.

Adventures with the Buddha: a personal Buddhism reader by Jeffery Paine

The Smartest Guys in The Room: the amazing rise and scandalous fall of Enron by Bethany McLean

Gut Wisdom: understanding and improving your digestive health by Alyce Sorokie

The Ancestor's Tale: a pilgrimage to the dawn of evolution by Richard Dawkins

The library's Web site, www.apgmwr.com/recreation/libraries.html provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

CWF events, trips for 2005

Feb. 26
APG Mardi Gras Ball at Top of the Bay

March 4 thru 6
Ski Trip to the Poconos

March 18
Celtic Feast at Top of the Bay

March 25
Behold the Lamb, at Sight and Sound and dinner at Willow Valley

April 1
Dinner theater

April 19 thru 26
Trip to Holland

Lenten and Easter service schedule

Catholic services

Aberdeen Area

Regular mass is Sunday, 8:45 a.m.
Limited weekday mass at AA starts Feb. 17 (check weekly bulletin for changes)
Weekday mass schedule
March 2, 7 p.m., Lenten service (Stations of the Cross)
March 12, 9 a.m. to 5 p.m., Confirmation retreat (AA)
March 16, 7 p.m., Lenten service (Stations of the Cross)
March 25, 7 p.m., Good Friday service
March 26, 7:30 p.m., Easter Vigil mass
March 27, 8:45 a.m., Easter Sunday

Edgewood Area

Regular mass is Sunday, 10:45 a.m.
Limited weekday masses (Check weekly bulletin for changes.)
March 10, 7 p.m., Lenten service, Stations of the Cross,
March 24, 7 p.m., Holy Thursday mass
March 27, Easter Sunday, sunrise worship, 7 a.m., Capa Field; Easter mass, 10:45 a.m., chapel
April 13, 7 p.m., Confirmation mass with Bishop Kaising (Archdiocese for Military Service)

Catholic services conducted by Father John Bauer.

Protestant Services

Aberdeen Area

Regular worship is Sunday, 10:15 a.m.
Every Wednesday, noon at AA Chapel. Lunch is provided
March 3, 9 to 11:30 a.m., PWOC General Meeting
“Passover”
March 20, 10:15 a.m., Palm Sunday worship
March 24, 6 p.m., Maundy Thursday Living Last Supper
March 27, Easter Sunday worship, 10:15 a.m. at the chapel
April 22 and 23, PWOC retreat

Gospel Services

Aberdeen Area.

Regular worship is Sunday, 12:30 p.m.
March 12, Financial Conference
March 26, Easter egg hunt
March 27, Easter Sunday worship, 12:30 p.m. at the chapel

Protestant

Edgewood Area

Regular worship is Sunday, 9:15 a.m.
March 27, Easter Sunday; sunrise worship, 7 a.m. at Capa Field, and 10:15 a.m. at the chapel
For more information, call the Chapel, 410-278-4333.

Perry Point

From front page

al event along with its other community service commitments.

“They’ll spend the entire day here helping to make sure every patient has a great day,” Roberts said, noting that the NCOs also would assist staff members in restoring the room to its original condition.

“The idea of coming out here is to make them have fun and to show them we appreciate them,” said SGL Staff. Sgt. James Carr. “The least we can do is give back to those who made sacrifices for us.”

Joining the NCOs were about a dozen members of the Vietnam Veterans Motorcycle Club, M-Chapter, led by Bob Patterson, district 10 commander, Veterans of Foreign Wars Post 6027 in North East, and his wife Jean. Both Perry Point employees as well, the Pattersons spent the day scooping ice cream for the Soldiers to serve, while their members served lemonade and pizza.

Bob Patterson said the group has volunteered its services during the national salute as well as the spring picnic for the past four or five years.

“We just enjoy the smiles on the patient’s faces,” he said. “Some of them have no one to come visit them.”

“This is a special day for them,” added Jean Patterson. “It makes everyone involved feel good.”

The festivities included music for dancing by a DJ and karaoke singing. Many of the Soldiers and patients agreed that the day was indeed special.

“I think this is great. It helps Soldiers as much as it does patients,” said Robert Shawacre, a Vietnam veteran from Baltimore.

“I’m enjoying the Soldiers,” added patient Winfield Parker as he enjoyed a chat with Staff. Sgt. Arturo Locke, Class #502-05.

“We’ve had a good time talking with these veterans,” said Staff Sgt. Tracey Kellogg, Class #501-05. “There’ve been a lot of different subjects. I can’t begin to explain the feelings and emotions of the day.”

“We’ve really enjoyed coming out and spending the day doing this,” added Staff Sgt. Rachel Heintzman, Class #068-05. “This makes us feel like we’re doing some good.”

Sgt. 1st Class Shannon Tarver-McKinney said that this was her third time participating in the salute.

“Every time I come out I visit my friend John,” she said of patient John Ranney. “We’re old friends now.”

“I felt proud to see Soldiers doing for veterans,” said Staff Sgt. Jean Belizaire, SGL, adding that he chatted with several veterans and was pleased to learn about other gestures of support they receive from the community.

“It’s nice to see that some people do care,” he said.

The purpose of the National Salute to Hospitalized Veterans Program is to:

- Pay tribute and express appreciation to hospitalized veterans;
- Increase community awareness of the role of the VA medical center, and
- Encourage citizens to visit hospitalized veterans and to become involved as volunteers.

Each year the week of Feb. 14 is an opportunity to say thank you to more than 98,000 veterans of the U.S. armed services who are cared for every day in Department of Veterans Affairs medical centers, outpatient clinics, domiciliaries, and nursing homes.

During the National Salute, VA invites individuals, veterans groups, military personnel, civic organizations, businesses, schools, local media, celebrities and sports stars to participate in a variety of activities at the VA medical centers. The activities and events include special ward visits and valentine distributions; photo opportunities; school essay contests; special recreation activities and veteran recognition programs.

The week also provides an opportunity for the community to become acquainted with the volunteer opportunities within the medical center.

For more information, contact the nearest VA Medical Center and ask for Voluntary Services to learn about things groups or organizations can do to salute America’s Heroes, or visit the Web site, <http://ww1.va.gov/voluteer>.

Commentary

Your beloved Soldier is coming home - now what?

Allie Ochs
Special contributor

Laura anxiously anticipates the return of her husband, Dan. What will it be like and what should she do? After all, he is not returning from a successful business trip or golf weekend. He is coming back from war.

Should she arrange a romantic just-for-the-two-of-us event or a family reunion? This is the first homecoming experience in their young marriage.

It has been over a year since Dan left. Little Maja was born 3 months ago and Dan has yet to meet his new baby girl.

Laura, once shy, dependent and overweight turned into self-reliant and confident woman. She had joined the gym, lost weight and signed up for computer classes.

Even though Laura had missed Dan terribly, she adapted to being a military wife. They had kept each other up to date through e-mail and phone calls. Dan will be surprised to find how much has changed since he left.

How do you deal with the challenges of homecoming? Relax and accept that homecoming can be difficult.

In getting ready for the big day, put your own needs aside and help your spouse reconnect with the life he or she left behind.

The real challenge is life after deployment.

Historically those fighting in combat have a much greater likelihood of relationship break-ups than their civilian counter-parts. Depending on how devastating the war experience has been, your Soldier may not be the same person that you saw off. Your spouse could have witnessed others, including children or comrades, die. He or she may have been forced to kill in the line of duty.

While your Soldier may not share all of these experiences with you, listen with empathy if he or she does.

Even though your life was clouded with fear during deployment, don't compete for the most wounded heart.

After the big homecoming, you might be anxious to get on with life as a couple, but find each other at different junctures. Returning from a country at war, every day life may now seem trivial to your spouse. He or she may suffer from post-war trauma or guilt.

Here are the two of you trying to pick up where you left off. This is the critical point where military couples set the stage for a spiral breakdown or deeper love.

How do you prevent your relationship from becoming a divorce statistic? Simply be what people in exceptional relationships are: Fit 2 Love! Do what people in exceptional relationships do: Become better for each other every day. By following the three principles of being fit to love: mutual respect, moral responsibility and authenticity, you can turn your relationship into a solid anchor.

Mutual Respect: Exercise true mutual respect instead of self-serving respect. In real terms this means your partner is just as important as you are. Respect how your homecoming Soldier feels. He or she has gone through a life-changing phase while serving, an experience the two of you did not share. Cherish the new person that has emerged. Accept his or her altered perspective on life and be open to learn from it.

Moral Responsibility: You are always morally responsible to your partner. Everything you think, say or do affects your partner. Sometimes you even have to think of your partner first. Yes, you are responsible for each other's well-being. Be kind, loving and understanding. Allow for time to heal the wounds. Be sensitive and encouraging when you help your partner get on with life. It is your job to be an anchor.

Authenticity: Be you. Create and be the best of you. Be better for each other. Be honest about your own feelings, but don't blame each other if your relationship is going through change. It could also be a change for the better. Depending on how you react, crisis like these are often the kick-start for more authentic and more solid relationships. Take your cues from your heart, for it will never betray you.

Think back when you wholeheartedly committed to your partner. Did you commit to respect and be morally responsible to each other? Did you commit to be the best you could be for each other?

Sure you did and now you have a chance to do all that and do it better. While your Soldier's homecoming will definitely fill your heart with happiness, the months after can be very stressful.

Tips to make military love stronger:

Don't be anxious to get back to everyday life.

Allow for re-adjustment.

Become acquainted again.

Respect the different person he or she may have become. Don't try to make up for lost time.

Accept that things may be different.

Don't have unrealistic expectations.

Talk to each other openly and listen with empathy.

Don't be surprised if your sex life is uneasy at first.

If you have children be open and reassuring.

Spend quality time with your partner and as a family.

Don't be controlling or manipulative.

Learn to make decisions together again.

Keep the faith; you need each other more than ever.

(Editor's note: © 2005 Allie Ochs, relationship expert, coach, speaker and author is published in numerous magazines and newsletters. She has appeared on radio and television. For free relationship/dating advice, e-mail askallie@fit2love.com.)